

Le Rouge Chicken with Roasted Fall Veggies

There are no rules to this recipe. The simple preparation of the "Label Rouge" Chicken is what's important. You will fall in love and make it over and over!

Ingredients

Le Rouge Chicken

Whole Label Rouge Chicken, giblets removed
Coarse Salt (Kosher or Himalayan recommended)
Freshly ground Black Pepper
Paprika
Dried Thyme
Dried crushed Rosemary
Whole Garlic (optional)
Whole Onion (optional)
Fresh Rosemary Sprigs (optional)

Special Equipment: Large Cast Iron Roasting pan, pot (Dutch oven) or skillet

Brine (Optional, see recipe)

Roasted Fall Veggies (optional, see below)

Butternut Squash, peeled, seeded and cut into ¾ inch cubes
Carrots, peeled and sliced into ½ inch pieces
Red Onion, peeled, halved, quartered, halved again
Fennel Bulb, halved, sliced
Freshly ground Sea Salt
Freshly ground Black Pepper
Extra Virgin Olive Oil
Serrano Chile Honey Balsamic (optional)

Preparation

Put oven rack in the middle to bottom thirds position and place empty cast iron cooking-ware large enough to fit Chicken in oven and set to 450 degrees.

While pan is heating, pat chicken very dry with paper towels. Season cavity with salt and pepper then stuff with garlic, onion and fresh rosemary sprigs. Tie legs with kitchen string if needed. Generously season entire chicken with salt*, pepper, paprika, dried rosemary and dried thyme to your liking. *Cut back the amount of salt if using Brine.

Once oven reaches 450 degrees remove pan from oven (be sure to use cooking gloves) and place the chicken breast side up in the pan (do not cover). Roast in the oven until thermometer inserted in the thickest part of thigh away from the bone reaches 165 degrees. Cooking times will vary depending on weight. (6.5 lb chicken will cook in less than one hour).

Prepare Roasted Fall Veggies: (This can be prepared at the same time in a separate oven.) Place rack in middle position and set to 450 degrees. Place butternut squash, carrots, onion and fennel on a large baking pan. Sprinkle with salt and pepper, drizzle with evoo and serrano chile honey balsamic to taste and toss (do not overcrowd pan). Place in the oven and roast until tender and slightly caramelized, about 30-40 minutes, tossing occasionally.

Place roasted chicken in the center of a large platter and surround with roasted veggies. Serve immediately.

* If using brine, follow instructions for brining on the linked recipe. Rinse and pat chicken dry then continue recipe as follows cutting back on the salt.